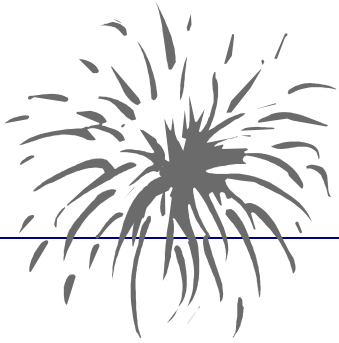






# SENIOR COMMUNITY CAFÉ • JULY, 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>CLOSED JULY 4 HOLIDAY</b></p>			<p><b>1 HAPPY 4TH OF JULY!</b> Orange Juice <b>Hot Dog</b> Homestyle Baked Beans Corn on the Cob Mustard, Ketchup, Relish Hot Dog Roll Mixed Berries Shortcake w/Topping</p> 	<p><b>2</b> Cranberry Juice <b>Roast Turkey w/Gravy</b> Mashed Potatoes Peas and Carrots Cranberry Jelly 100% Whole Wheat Ambrosia</p>
<p><b>5</b></p>	<p><b>6 Swedish Meatballs w/Gravy</b> Buttered Bowtie Noodles Mixed Vegetables 100% Whole Wheat Bread Sliced Pears</p>	<p><b>7 Baked Ham w/Raisin Sauce</b> Apple Butter Baked Beans Hawaiian Coleslaw Marble Bread Tropical Fruit</p>	<p><b>8 Baked Salmon w/Seafood Sauce</b> White &amp; Brown Rice Blend Broccoli Florets in Lemon Broth Dinner Roll Fresh Fruit</p>	<p><b>9</b> Cranberry Juice <b>Turkey Cutlet w/Gravy</b> Sweet Potato w/Apples Peas &amp; Pearl Onions Cranberry Jelly Dinner Roll Double Chocolate Cake</p>
<p><b>12</b> Vegetable Beef Soup <b>Quiche</b> Oven Roasted Red Potatoes Capri Blend Vegetables Bran Muffin Applesauce</p>	<p><b>13</b> Italian Style Chicken <b>Linguine w/Italian Sauce</b> Zucchini &amp; Summer Squash Italian Bread Pineapple Tidbits &amp; Mandarin Oranges</p>	<p><b>14 Sliced Meatloaf w/Gravy</b> Sour Cream &amp; Chive Mashed Potatoes Green &amp; Wax Beans 12-Grain Bread Fruit Cocktail</p>	<p><b>15</b> Grape Juice <b>Frankfurter on Hot Dog Roll</b> Picnic Baked Beans Mustard/Ketchup Sauerkraut Frosted Carrot Cake</p>	<p><b>16 Butter Breadcrumbed Fish Filet</b> Noodles w/Parsley &amp; Parmesan Pickled Beet Salad Tartar Sauce Wheat Bread Sliced Peaches</p>
<p><b>19</b> Orange Juice <b>Savory Baked Chicken w/Broth</b> Rice O'Brien Green Beans Whole Wheat Dinner Roll Fruit Festival</p>	<p><b>20</b> Minestrone Soup <b>Grande Cheese Ravioli</b> Tossed Green Salad w/French Dressing Grated Parmesan Cheese Italian Bread Apricots</p>	<p><b>21 NATIONAL WATERMELON MONTH!</b> <b>Fish Florentine on Wheat Bun</b> Mashed Potatoes California Blend Vegetables Tartar Sauce Watermelon</p> 	<p><b>22</b> Cran-Orange Juice <b>Roast Turkey w/Gravy</b> Stuffing w/CranRaisins Peas &amp; Carrots Oatnut Bread Apple Strudel Stick</p>	<p><b>23</b> Garden Vegetable Gazpacho Soup <b>Mini-Cheeseburgers on Bun</b> Potato Wedges Corn Cobettes (Mustard, Relish, Ketchup, Diced Onions) Leaf Lettuce &amp; Tomatoes Sliced Pears</p>
<p><b>26 Breaded Pork Steak w/Broth</b> Scalloped Potatoes Bias Cut Carrots Pumpnickel Bread Fresh Fruit</p>	<p><b>27</b> Minestrone Soup <b>Individual Supreme Pizza</b> Garden Salad w/Ranch Dressing Saltines Tropical Fruit</p>	<p><b>28 Peach-BBQ Chicken Quarters</b> Apple Butter Baked Beans Fresh Summer Salad w/Vinaigrette Dressing Club Roll Applesauce</p>	<p><b>29 Sliced Roast Beef w/Vegetable Gravy Baked Potato</b> Zucchini &amp; Tomatoes Rye Bread Peaches</p>	<p><b>30</b> Cream of Vegetable Soup <b>Catch of the Day</b> Whipped Potatoes Coleslaw Tartar Sauce Oatnut Bread Mixed Berries Shortcake w/Topping</p>

Elderly Nutrition Program meals are served Monday thru Friday to persons and their spouses 60 years of age or older  
All meals are served with bread, coffee and/or tea and milk. **DONATIONS: \$2.00 (or whatever you can afford)**